



A2.2 – Educative resources for teachers

Comfort, Sleep and Rest << Lesson Materials>>

Module: CARING TECHNIQUES FOR WELL-BEING

Sub-Module: **Comfort, Sleep and Rest**



Introduction

Module	CARING TECHNIQUES FOR WELL-BEING
Sub-module	Comfort, Sleep and Rest
Lesson nr.	#1
Duration (minutes)	60 min
Date	

Lesson Outcomes

The aim of the lesson is to acquire knowledge and skills in:

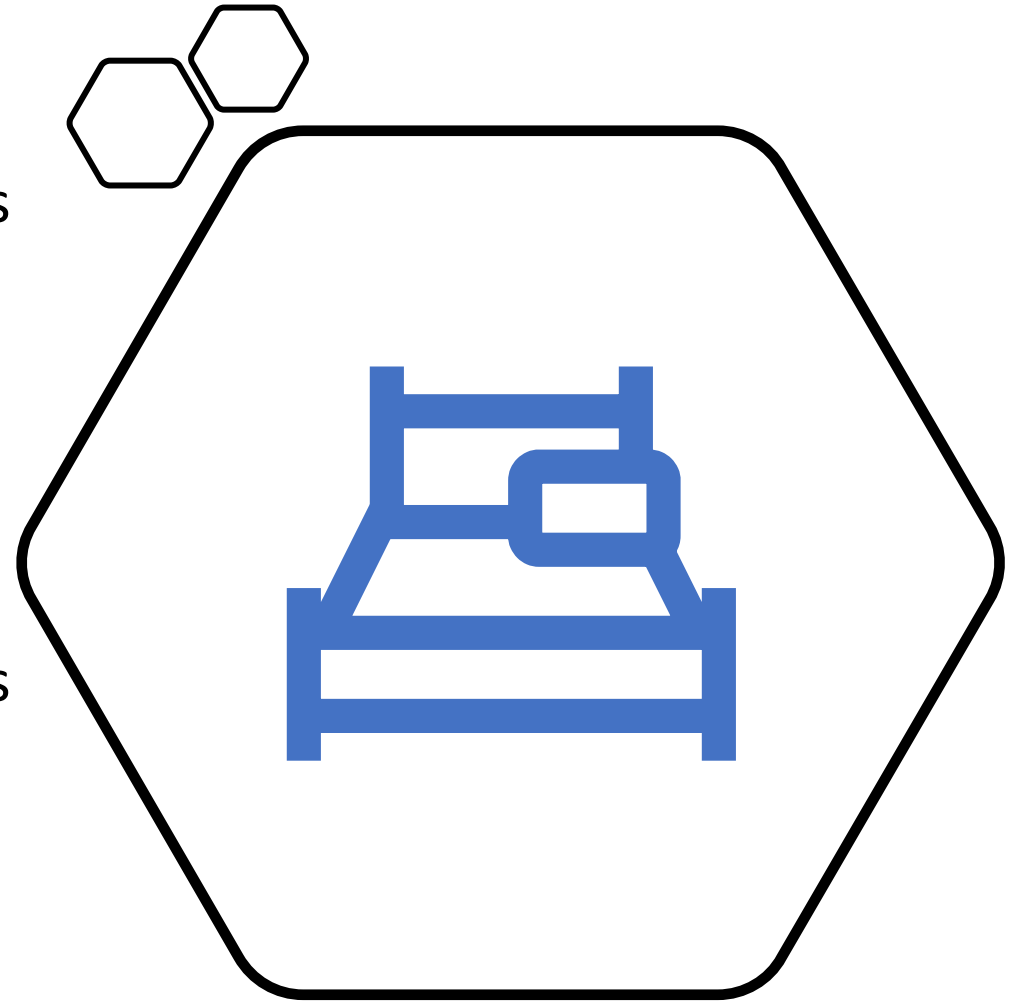
1. ability to understand the importance of providing good user with conditions for sleep and rest for users
2. ability to ensure sleep hygiene
3. ability to recognise the most common sleep and rest distractions (noise, light, temperature in the room, discomfort, pain, hunger, thirst, ect)

Sleep disorders - a serious health problem, causes and consequences.

1. Introduction – sleep disorders definition and symptoms
2. Sleep disorders causes and recognition
3. Sleep disorder consequences
4. Sleep disorder prophylaxis

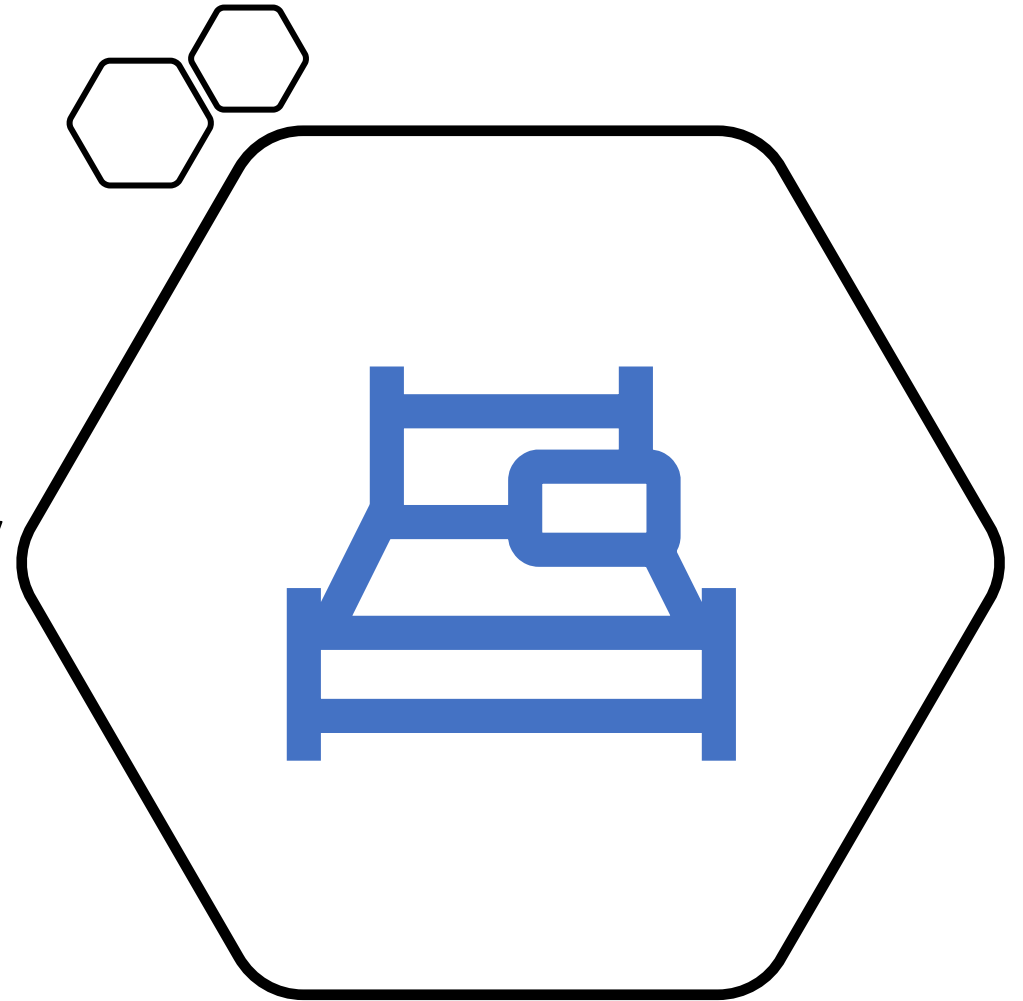
Sleep

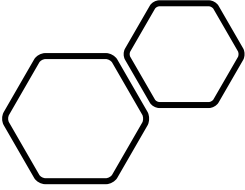
- Sleep is a state that is characterized by changes in brain wave activity
- Depending on the sleep stage, different physiological functions may be more active and variable (REM sleep), or less active and more stable (during NREM sleep).
- Sleep is a state that is characterized by changes in breathing, heart rate, body temperature, and other physiological functions.



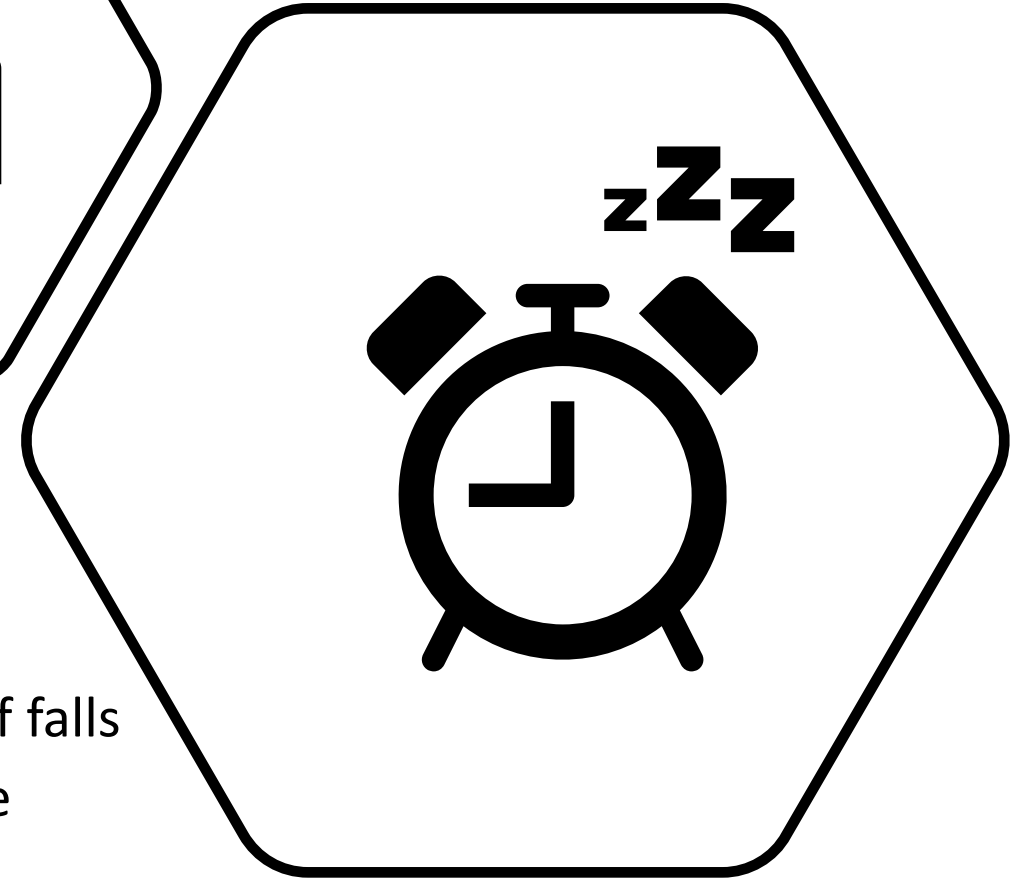
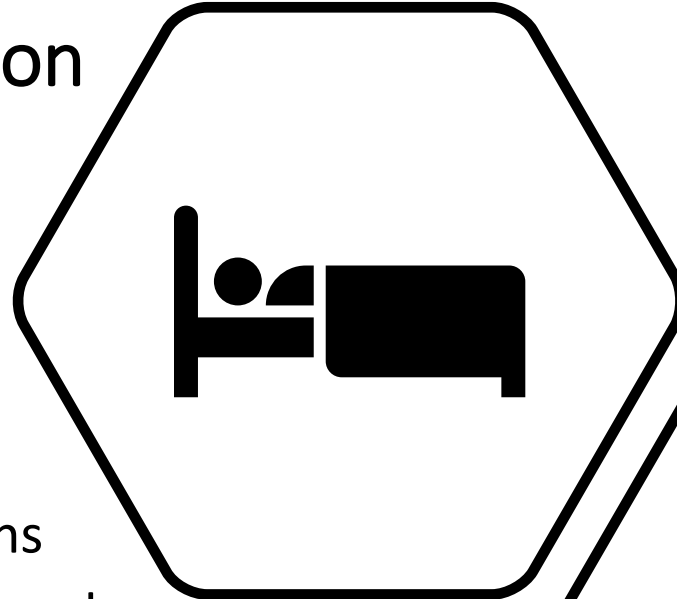
Sleep

- Healthy sleep improves health and quality of life in a variety of ways.
- Healthy sleep requires adequate duration, good quality, appropriate timing and regularity, and the absence of sleep disturbances or disorders.
- Healthy sleep reduces the risk of physical and mental health problems, accidents, injuries, disability and mortality.
- Regenerative sleep is the most qualitative type of sleep. It should last 7-9 hours continuously, every night. Its importance is due to the fact that it is during it that both the body and mind regenerate.
- Sleep and rest are among the basic human needs.





Symptoms of sleep deprivation



- excessive daytime sleepiness
- concentration disorders
- depressed mood
- increased feeling of negative emotions
- memory problems, reduced learning and memory abilities
- depression
- hallucinations
- deterioration of reflex and perceptiveness
- problems with body coordination, balance disorders, risk of falls
- physiological symptoms: heart disease, high blood pressure
- obesity, low immunity
- hormonal changes
- hypersensitivity to pain

Sleep disorders - definition and symptoms

- INSOMNIA
- RESTLES LEG SYNDROME
- NERCOLEPSY
- SLEEP APNEA



Sleep disorders - insomnia

INSOMNIA

- difficulty falling asleep
- difficulty staying asleep
- early morning awakenings

INSOMNIA RISK FACTORS:

- Physical,
- Psychiatric,
- Genetic
- Lifestyle and Environmental Risk Factors



Two types of insomnia:

- **Short-term insomnia:** This type of insomnia lasts for up to three months. At any given time, it occurs in 15 to 20 percent of people.
- **Chronic insomnia:** This type of insomnia occurs at least three times per week and lasts for at least three months. About 10 percent of people have chronic insomnia.

Sleep disorders – restless leg syndrome

- **Restless legs syndrome** is a medical condition that can cause sleep disturbance. So far, the cause of this disease has not been clearly established, but most studies indicate disorders of the dopamine and opioid systems.

A secondary cause of RLS may be micronutrient deficiencies, including iron and magnesium, and taking medications that cause symptoms such as a strong urge to move the lower limbs.

Symptoms that occur in the evening cause problems with falling asleep, and the lack of sleep and full, full-night regeneration causes a number of psychophysical symptoms that make everyday functioning impossible.



Sleep disorders – restless leg syndrome

Restless legs syndrome is not linked to an underlying health condition and may not require any treatment, other than making a few lifestyle changes.

These include:

- adopting good sleep habits
- quitting smoking
- exercising regularly during daytime

If your symptoms are more severe, you may need medication to regulate the levels of dopamine and iron in your body.

If restless legs syndrome is caused by iron deficiency anaemia, iron supplements may be all that's needed to treat the symptoms.

Sleep disorders – narcolepsy

- Narcolepsy is a disease that is caused by damage to the nerve cells. It is a sleep disorder of unknown etiology and relatively rare.
- This condition is characterized by excessive daytime sleepiness and sudden loss of muscle tone, the so-called cataplexy.
- Additionally, there may be hallucinations.
- Sleep paralysis, one of the symptoms of narcolepsy, mainly affects children and adolescents, when additionally there is burning sensation in the eyes, scotoma, or the patient has episodes of double vision of objects.

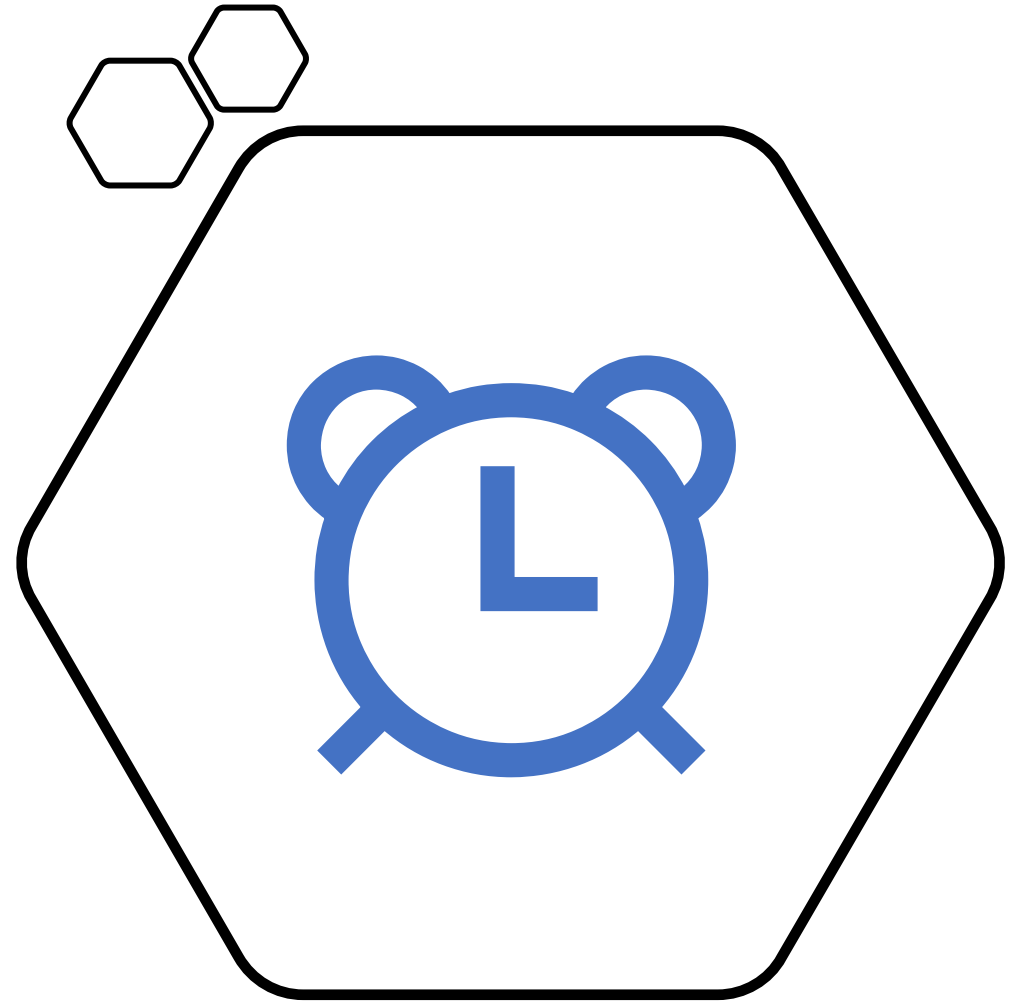


Sleep disorder – sleep apnea

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. It is a systemic disorder since the repetitive falls in oxygen affect all organ systems.

The main types of sleep apnea are:

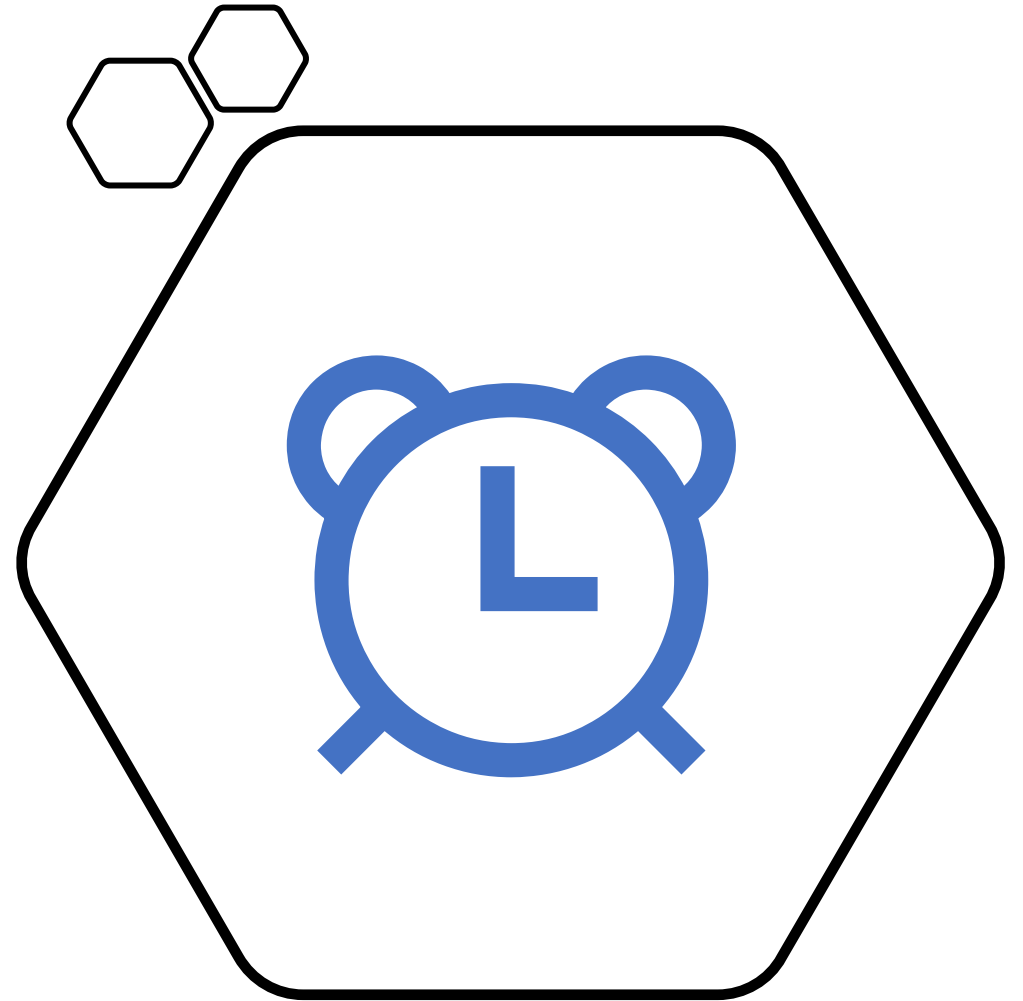
- **Obstructive sleep apnea**, the more common form that occurs when throat muscles relax
- **Central sleep apnea**, which occurs when your brain doesn't send proper signals to the muscles that control breathing
- **Complex sleep apnea syndrome**, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea



Sleep disorder – sleep apnea

Symptoms of the disease are loud snoring when sleeping at night, shallow breathing and pauses in breathing.

Worsening of symptoms causes severe fatigue of the body, excessive consumption of alcohol or the use of sleeping pills. There is also frequent awakening, anxiety and inability to breathe. The level of stress associated with disorientation after a sudden awakening in many cases causes problems with falling asleep again.

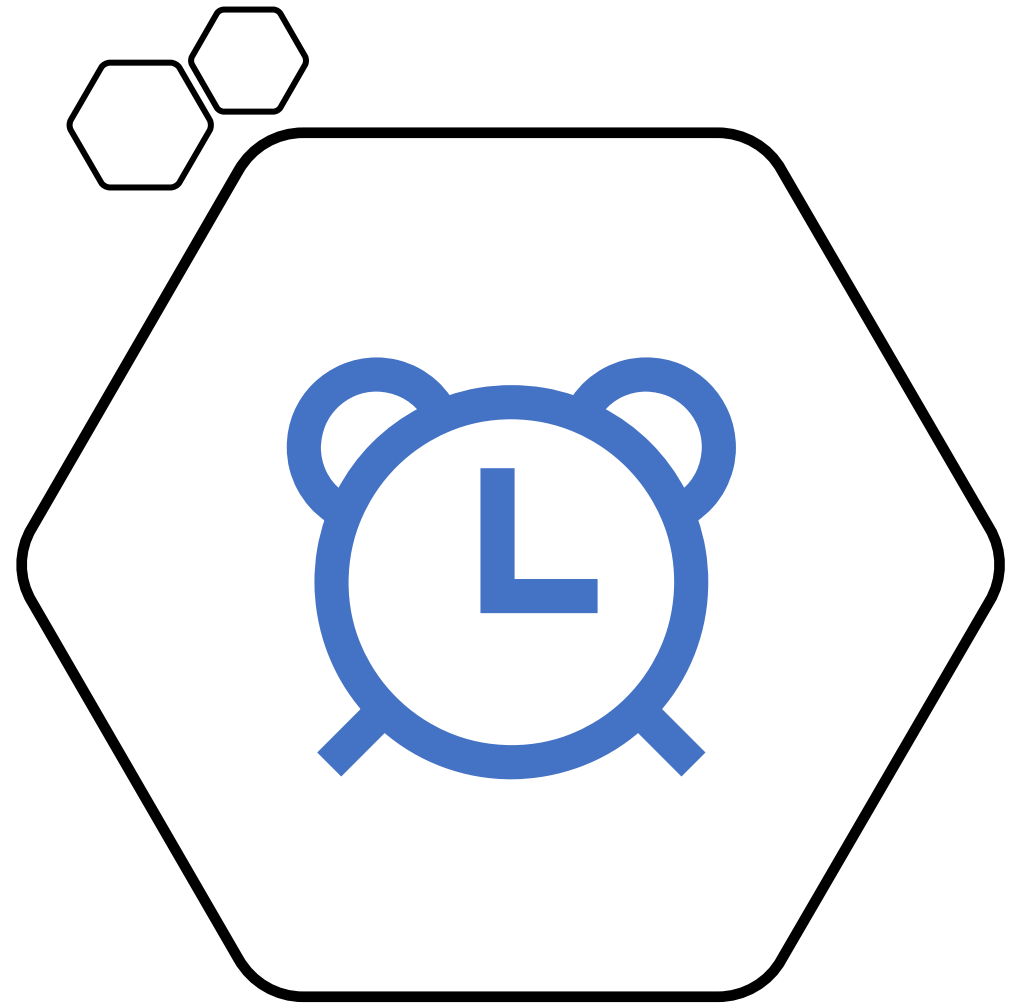


Sleep disorder – sleep apnea

Loud snoring may cause the bed partner to sleep in a separate room.

Significant sleepiness may interfere with the ability to participate in social activities and perform well at work. Sleepiness is particularly concerning when operating motor vehicles.

Sleep apnea is associated with hypertension, impaired glucose control, congestive heart failure, coronary heart disease, mild cognitive impairment or dementia, depression, atrial fibrillation, stroke. Particularly severe sleep apnea is associated with increased mortality.



Sleep disorder consequences

During sleep, many repair, regenerative and building processes take place in the body.

No sleep:

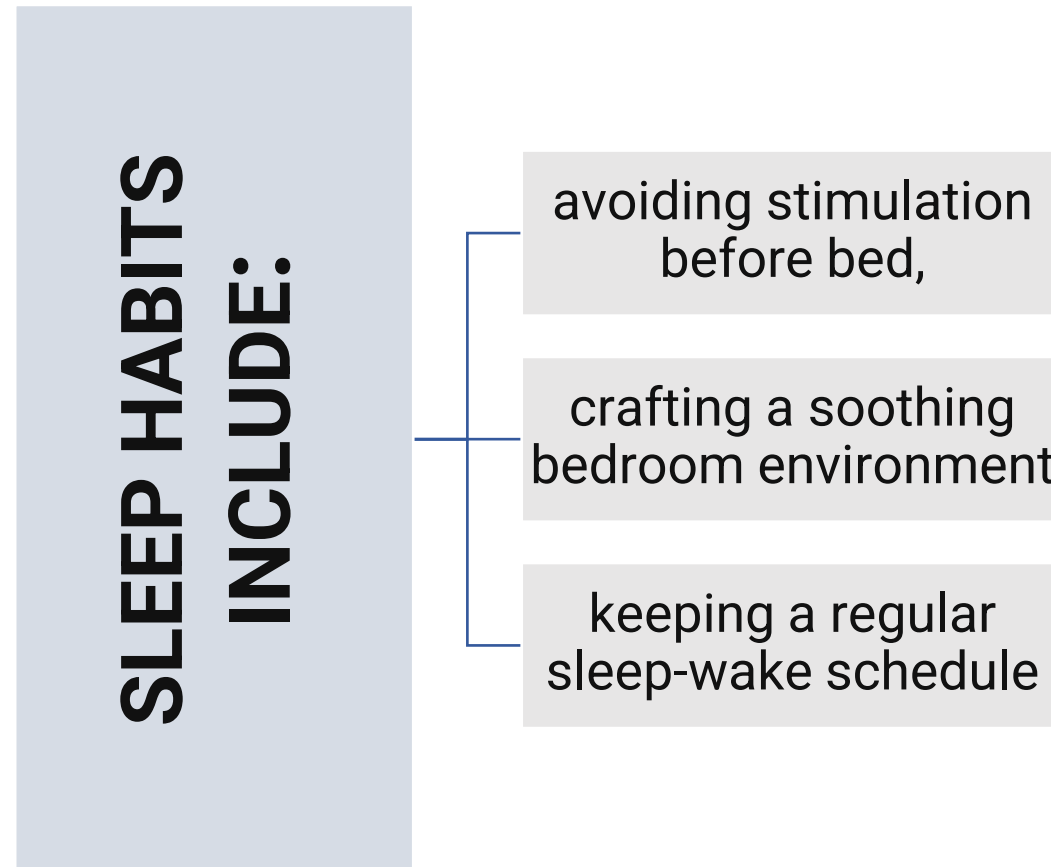
- causes constant stimulation of the central nervous system and inappropriate regeneration of tissues and organs,
- makes it difficult to concentrate,
- reduces psychophysical efficiency,
- is related to the failure to meet one of the basic physiological needs of a human being.

The effects of lack of sleep are perceived as severe fatigue.

Chronic sleep deficit can be dangerous to health.



How to ensure comfortable conditions for sleep and rest?



Sleep hygiene is a set of habits everybody can do every night to improve sleep.

HEALTHY SLEEP HABITS:



- Keep a consistent sleep schedule.
- Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.

HEALTHY SLEEP HABITS:

- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.

HEALTHY SLEEP HABITS:

- Don't eat a large meal before bedtime.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

How to ensure comfortable conditions for sleep and rest?

- During sleep, the body has the ability to regenerate, both physically and mentally.
- However, for the rest to be fully effective, it is worth ensuring optimal sleeping conditions.

comfortable place to sleep and rest

- A comfortable bed should be of adequate width and length.
- The degree of elasticity and firmness of the mattress is important. It should support the spine well in every position we take while sleeping.

A mattress with good hardness does not generate muscle tension and allows for optimal body positioning.

- The duvet and pillow must be matched to the needs, and the bedding covering them should be pleasant to the touch, durable and easy to keep clean.

comfortable place to sleep and rest

- The bedroom should have adequate ventilation, temperature and air humidity.
- Proper sleep is also influenced by the lack of light in the environment and adequate silence. It is worth covering external light sources, especially when we plan to rest for hours with natural light.
- It may also be important to disconnect electronic devices from the power supply, as they may negatively affect the quality of sleep.
- When sleeping or resting outside the home, it is worth remembering about your standard habits to help you fall asleep.

Tips to feel comfortable at home

- organize living space
- make home a place to visit
- prepare meals at home
- share meals
- get plenty of rest
- develop bedtime regular rituals
- display sweet memories
- Install Support Bars/Furniture
- favorite TV shows, movies
- find activities for fun

Factors distracting sleep and rest

The most common factors distracting sleep and rest are:

- noise,
- light,
- unfavorable sleeping conditions (e.g. inadequate room temperature, discomfort - uncomfortable bed, mattress, pillow, blanket, pajamas),
- medications (e.g. diuretics),
- pain,
- hunger and thirst,
- poor diet,
- abnormal body alignment during sleep,
- excess or inactivity during the day, and too frequent and long naps.

How to help with sleep problems?

Non-pharmacological methods of coping based on:

- adherence to the circadian rhythm,
- sleep hygiene,
- relaxation techniques,
- stimulus control.



How to help with sleep problems?

- constant times and comfortable sleeping conditions - go to bed and wake up at regular times, and abstain from naps
- stimuli and emotions should be limited
- limit pulses such as noise and light
- alcohol, caffeine, spicy foods or sweet drinks that have a stimulating effect are not recommended at bedtime
- shading the windows and quiet, relaxing music or reading to sleep can help fall asleep
- airing out the bedroom, a comfortable bed, clean linen, cotton, airy underwear make it easier to sleep
- experiencing urinary incontinence requires the use of products with greater absorbency
- pain relief - identifying the source of pain, administering painkillers, aromatherapy, massage
- modify the time of administration of drugs, e.g. diuretics, to extend the continuity of night rest

How to help with sleep problems?

SLEEP DIARY

A sleep diary is a useful way to track sleep.
A typical sleep diary covers a one or two-week period.
It is most effective when it is daily completed.
It shows bedtime, waking up during the night, and in the morning.
It also will show how often the sleep have been disrupted.





GIVINGCARE
Empowering Caregivers

Thank you!

Teachers's name

Teachers e-mail

Date of the session

